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NEWS
WORTH
SHARING.



13 dead in D.C. mass shooting

The deadly rampage occurred at the Washington Navy Yard; police say the gunman acted alone and carried three weapons **PAGE 8**

Centre of attention

The Mooseheads welcome back forward Brent Andrews to the fold **PAGE 25**

RIGHT ON ... CUE

THREE BRANCHES OF U.S. RETAILER TARGET OPEN ACROSS HRM TODAY **PAGE 3**



Share tales Of Monsters & Men



Music First

'Our science is falling behind'



Science student Orrin Young takes part in the Stand Up for Science rally at the Dalhousie University Student Union building on Monday.

JEFF HARPER/METRO

Tories' omnibus bill. Halifax joins 15 other Canadian cities to rally against federal cuts to research, programs



HALEY RYAN
haley.ryan@metronews.ca

Canada is slipping on a scale "unlike anything we've seen before" thanks to cuts in scientific research and programs, says one Dalhousie University professor.

Thomas Duck of Dalhousie's physics and atmospheric science department says due to the funding pulled for an Arctic research station and experimental lakes in Ontario, he's had to say goodbye to many friends.

"It's very real," Duck said before a Stand Up for Science event Monday. "Scientists are leaving. It means that our science is falling behind the rest of the world."

The Halifax event was one of 16 held across Canada

to raise awareness around the Conservative government's cuts to science programs through budget cuts or Bill C-38, known as "the omnibus bill."

Duck said "dramatic" cuts to the Department of Fisheries and Oceans affects Nova Scotia because there is less data available on what's in our waters.

"Of course this impacts your fishing, it impacts the health of entire ecosystems so ultimately ... it affects your economy," Duck said.

Elizabeth May, leader of the federal Green party, spoke during the rally and said Prime Minister Stephen

government will only fund science that is "business-led and industry relevant."

But May said this doesn't make sense, because all inquiry is good for the economy and scientists often make discoveries while they're not focused on profit.

Alexander Graham Bell developed the telephone while working with the hearing-impaired, May said.

May said the 10 per cent cut to Parks Canada, which led to the laying off of all their scientists and halted any data they collected on ecosystems, is especially troubling.

Call to action

"They can get away with whatever they want if we don't speak up, if we don't push back."

Halifax MP Megan Leslie

Harper has a plan to "muzzle" those scientists who could disrupt fossil-fuel production in Alberta.

May quoted Harper's 2012 budget, which said the

"This is not simply bad public policy," May said. "This is the public policy of people who burn books in the public square and declare war on knowledge."



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Target takes wraps off its HRM stores

U.S.-based retailer.

Stores opening Tuesday at MicMac Mall, Bedford Place Mall and Bayers Lake



RUTH
DAVENPORT

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The retail selection in HRM is a little more varied with the opening of three Target stores Tuesday.

Target officials offered a sneak peek of the Mic Mac Mall location to media Monday, touting the convenience of one-stop shopping.

"Guests can not only find their basic essentials that they're looking for and need ... but also some of the wants and desires that they have," said senior VP of stores in Canada, Bryan Berg.

The store is 123,000 square feet and employs 160 people, offering what Berg called "competitive" pay.

"To attract the right quality of people, we really need to ensure that we're offering the very best in terms of not only wages but benefit packages," he said.

A Target spokesperson wouldn't confirm the wages offered to entry-level employees.

The former Zellers location has been completely renovated, with clean wide aisles and a pristine "racetrack" circling both levels. Berg emphasized the uncluttered esthetic, which allows easy browsing



Bryan Berg, Target Canada's senior vice-president of stores leads the media on a tour of the Mic Mac Mall location on Monday. JEFF HARPER/METRO

for clothing, food, home décor and toys — all under a price match guarantee.

Berg said it's the shopping experience and value that sets Target apart from other retailers, noting the company also works to guard against the use of sweatshops.

"Target has long been a leader in ... making sure that the products that we have designed for us overseas undergo the most thorough rigour and oversight to ensure safe working conditions," he said.

The store carries products from well-known Americans,

such as Shaun White, Philip Lim and Nate Berkus, as well as Roots Canada. Berg didn't know how many Atlantic suppliers the store has, but said local content could be addressed in future, if customers want it.

"One of the things we pride ourselves on is the ability to ... listen to our guests and adjust and adapt," he said. "This year, we're really focused on opening our stores. So we'll open them and then ... we'll continue to learn and adjust as we go."

The company is seeking

LEED certification for all its Canadian locations, and has received 68 approvals. Renovating the Mic Mac store cost more than \$10 million.

"Target engaged local/Canadian contractors wherever possible," said Target spokesperson Joanne Elson via email.

It adds up

124

the total number of Target stores to be opened in Canada by the end of 2013.



The interior of Target's Mic Mac Mall location in Dartmouth.

JEFF HARPER/METRO

1 NEWS

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NDP's poor environmental decisions leave May 'shocked'

Dalhousie University. Federal Green Party leader says Darrell Dexter's government a downgrade from Rodney MacDonald's



Darrell Dexter
METRO FILE

May said Dexter's decision to approve an oil well near Lake Ainslie in Cape Breton without an environmental review was especially concerning.

She added that making Sable Island into a national park, on the federal-provincial agreement that the park would "not impede the production of fossil fuels," was one of the NDP's most "outrageous" moves this year.

"If that's your starting point, you're not likely to get a park that actually protects an ecosystem," May said.

Although the federal and provincial Greens aren't officially connected, May said she will be "rooting" for the Nova Scotia Green party to become a strong option in the election this fall.

"I hope it's time for the Greens in Nova Scotia to do well," May said.

Ahead of the Nova Scotia Green Party's platform unveiling Tuesday, federal Leader Elizabeth May said she has never been "more disappointed" in a provincial government than Premier Darrell Dexter's.

While on Dalhousie University's campus for a science rally Monday, May told reporters that now is the time for voters to start "pushing" at traditional parties and asking for better environmental policies.

"I thought Rodney MacDonald's government was as bad as we were going to get on the environment, and then Darrell Dexter was worse," said May, a graduate of Dalhousie's Schulich School of Law.

"I was so shocked."



Federal Green party Leader Elizabeth May speaks at Dalhousie University on Monday. She had some harsh words for the governing NDP regarding its handling of the environment. JEFF HARPER/METRO

The Green Party of Nova Scotia launches its candidate list and platform Tuesday, which

Leader John Percy said focuses on a "healthy economy, healthy communities and a healthy en-

vironment."

"All three are essential ingredients in a sustainable way

of life. Ignore one and the other two fail," Percy said in a release.

HALEY RYAN/METRO

New Democrats vow to cut health admin costs



Liberal Leader Stephen McNeil and Derek Mombourquette, his party's candidate in the riding of Sydney-Whitney Pier, on Monday. CAPE BRETON POST

The NDP said Monday it would cut \$6 million to \$8 million on health-care administration by the end of 2017, a commitment Premier Darrell Dexter said would be implemented without layoffs.

The promise, which is not specified in the party's election platform, was unveiled by Health Minister David Wilson. He said the measure would bring spending on administration down from 4.83 per cent of the health budget to four per cent.

Wilson released few other

details at his announcement and couldn't say how many jobs could be affected, but said the money saved would be put into patient care.

In an interview later, Dexter said no jobs would be lost as a result of reducing administration costs.

"We are not talking about job cuts at all," he said. "This is all about using the money in the envelope to do better management."

Wilson said the promise follows the government's work carried out after a February

2012 report by consulting firm Ernst & Young outlined ways of saving money in the health-care system.

In response to that report, the government said it would merge administrative services such as payroll and laundry and cut as many as 128 jobs, including 11 to 20 vice-president and director positions at the province's 10 health boards.

Liberal Leader Stephen McNeil said the NDP announcement was a surprise given that it wasn't contained in the party's platform.

Business training

Earlier Monday, Liberal Leader Stephen McNeil said his party would spend an estimated \$6.5 million annually on a graduate training program for businesses if he wins the Oct. 8 election.

"Very clearly they recognize Nova Scotians have been listening to what we've been saying," said McNeil.

THE CANADIAN PRESS

Public money

NDP caucus brochure under investigation

Nova Scotia's chief electoral officer is investigating a complaint about the NDP's use of a taxpayer-funded caucus brochure after the start of the provincial election campaign. Elections Nova Scotia

spokesman Dana Doiron says the electoral watchdog launched an investigation after receiving a letter of complaint from Liberal candidate Andrew Younger late last week.

In the letter, Younger says the brochure constitutes a violation of election rules because it uses caucus and not campaign funding.

Premier Darrell Dexter has said the brochure, which



The brochure in question.
THE CANADIAN PRESS

cost about \$40,000, was mistakenly used and that he had instructed all of his party's candidates against using any caucus-related material in the campaign.

But he has resisted calls by the Liberals and Tories that his party reimburse taxpayers for the cost of the brochure.

"We did everything exactly as we were supposed to," he said in an interview.

THE CANADIAN PRESS

Provincial support

Aerospace firm gets boost

The president of a company that makes aerospace components in Lunenburg says it will receive a \$5-million loan and a financial guarantee of up to \$15 million from the province to bid on big deals.

Claude Baril of Composites Atlantic says he doesn't

expect the guarantee will be drawn on from the province, which has a 50 per cent equity stake in the firm.

A spokeswoman for the Department of Economic Development says the \$15 million is not a traditional guarantee, because the deal would only require the province to pay "up to \$15 million in damages" if the department calls earlier loans it has made. THE CANADIAN PRESS

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Jasmine Jellow. Missing Dartmouth girl, 13, found safe in Ontario

Halifax police say a missing 13-year-old girl from Dartmouth has been found safe and in good health.

On Friday, police reported that Jasmine Jellow had been missing since Sept. 6, when she was last seen leaving her Pleasant Street home at 2 p.m.

On Monday afternoon, Halifax Regional Police issued an update to say she had been found safe and was located in Ontario.

"Halifax Regional Police thanks the media and the public for their concern and assistance in this matter," an HRP release states. **METRO**

Jeffrey Delisle. Sabotage fears followed discovery of spy, documents show

The discovery of a Russian spy in the ranks of Canada's military sparked a cyber search to discover whether he had sabotaged government computers with a virus, Torstar News Service has learned.

And in the wake of the serious spy incident that cost Canada credibility with its allies, top officers concluded the Defence Department's security program needed an overhaul.

The arrest of sub-lieutenant Jeffrey Delisle, who is from Bedford, on espionage charges in January 2012 set off a scramble within the military to learn how much sensitive intelligence had been spilled and to plug other potential security leaks, according to documents obtained under Access to Information.

At the time of his arrest, Delisle was at HMCS Trinity, the Halifax base that serves as communications and intelligence hub for the navy's East Coast operations. In that post, he had access to intelligence about Canadian Forces operations as well as data concerning "allies and countries of interest to Canada," according to the documents.

During his prosecution,

Seemingly safe

According to documents obtained from Torstar News Service, a forensic analysis of computer drives turned up "no evidence (of) cyber-exploit or malware detected based on current analysis capabilities."

Delisle told the court he gave away "a lot" to his Russian handlers, a comment confirmed by a memo titled, "possible compromise of allied documents."

Delisle was picked up by the RCMP in early 2012 after authorities were tipped that the junior naval officer was spying for the Russians.

But as officers struggled to understand what may have leaked, they dealt with another worry too — that Delisle and his Russian handlers may have sabotaged Defence Department computers.

There were urgent inspections to "ensure the confidentiality, integrity and availability" of work spaces and infrastructure.

TORSTAR NEWS SERVICE

Metro Transit. Fares go up at end of September

Metro Transit is reminding bus and ferry users that their fares will be upped by 25 cents at the end of the month.

The increase of a quarter will help pay for technology upgrades and infrastructure, according to Metro Transit.

On Sept. 30, the adult bus fare goes from \$2.25 to \$2.50.

"A new AVL system will significantly improve Metro Transit's ability to offer real-time bus-location informa-

tion," said the release.

The transit authority plans on making more "data-driven decisions" on planning and scheduling, and eventually adding electronic announcements of each bus stop.

The budget also allows nine new expansion buses, 13 replacement buses, a new passenger ferry to begin service in May 2014, and terminal updates.

METRO



Baby, what a big surprise

Guitarist Keith Howland and bassist Jason Scheff of the rock band Chicago perform on CBS's The Early Show in 2008. The legendary rock group is coming to Halifax for a performance at the Metro Centre on Feb. 23. Tickets go on sale Saturday at 10 a.m. through Ticket Atlantic and cost \$99, \$75 and \$60, which includes tax and service charges. **JERRY T. LAI/GETTY IMAGES**

Man connected to 'car hopping' thefts

51 charges. Police say suspect may also be tied to other break-ins



RUTH DAVENPORT
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The RCMP have charged a 26-year-old man from Fox Point in relation to a case of "car hopping" over the last month.

"Basically, (suspects) go from car to car looking for valuables or anything of interest to them to steal," said Cpl. Scott MacRae.

MacRae said several home owners in the Kingswood area called police Sunday night to say someone was entering their unlocked vehicles and

Quoted

"In crimes like this, we try to identify trends to put available resources (in place) so we can either catch the people that are doing the offences or deter it."

RCMP Cpl. Scott MacRae

stealing various items.

"With their assistance police were able to move the investigation along, identify the suspect, (and make) the arrest," said MacRae.

Matthew James Wright, 26, is facing 51 charges including theft under \$5,000, possession of stolen property and trespassing at night.

Police are also investigating Wright in connection with similar crimes in Waverley and Fall River, as well as more than 60 complaints of vehicle

break-ins in Tantallon and Fox Point last month.

"Police were thinking, anytime you have a significant spike, it's usually the work of an active person in or near that community," said MacRae.

MacRae said anyone who's been the victim of a crime should report it immediately so police can track the activity.

He said vehicle owners can also reduce their chances of being victimized by not only locking their vehicles, but re-



Police are reminding the public to lock doors and remove valuables.

JEFF HARPER/METRO

moving anything that may appear valuable.

"I've heard people say, if I lock my door, people will just smash it, but in many cases that's not going to happen unless there's something that piques their interest," he said.

DHX buys kids' programming

DHX Media Ltd. of Halifax has acquired 12 British television series for kids, including 365 episodes of Teletubbies, through the purchase of Ragdoll Worldwide Ltd.

The Canadian children's programming company says it paid the equivalent of about \$28.4 million in cash

to buy Ragdoll Worldwide from BBC Worldwide and a group that includes Ragdoll's founder, Anne Wood.

Also included in the deal are 100 episodes of In the Night Garden, 52 episodes of Teletubbies Everywhere, The Adventures of Abney & Teal, Dipdap and Brum.

The Teletubbies franchise has been a worldwide hit, broadcast in more than 120 countries including Canada.

DHX Media says it expects the deal will add to its earnings per share starting in its 2014 financial year.

THE CANADIAN PRESS



DHX Media has paid \$28.4 million to acquire TV shows like Teletubbies. GETTY IMAGES FILE

ATLANTIC FILM FESTIVAL

SCHEDULE

SEPTEMBER 17

SUPER CHANNEL FESTIVAL LOUNGE

Georgian Lounge, Lord Nelson Hotel, 1515 South Park Street
September 12-19, 12:00PM – 12:00AM

The Super Channel Festival Lounge is open throughout the 33rd Atlantic Film Festival, beginning at noon, each day. Before a film or after, it is the place for Festival delegates and film lovers to meet, drink & be merry! Relax with a special themed cocktail, take advantage of our phone & computer charging stations, enjoy "Coffee Talks" with local industry professionals and be entertained by performances from Atlantic Canadian film score composers. Check out the daily video-blog on the Atlantic Film Festival Youtube and Facebook pages, for all of our scheduled events.

Enhance your film festival experience at this year's Super Channel Festival Lounge!



10X10 AT THE AFF - AN OUTDOOR FILM EXPERIENCE

Emera Oval, Halifax North Common
Tuesday, September 17, 7:30 PM

We'll be setting up our great big inflatable screen at the Emera Oval, offering the ultimate 10x10 experience, a 90-minute retrospective of the RBC Foundation's 10x10 program, which pairs 10 emerging filmmakers and 10 talented musicians in the creation of a music video in 10 days. Friends and Families can bring or rent rollerblades or rollerskates, and take a few spins around the rink under the light of the September moon, which just so happens to be a full harvest moon that night, in lieu of a disco ball.

FROM SCREEN TO SCORE

CBC Studio 1, 1840 Bell Road
Wednesday, September 18, 7:00 PM
Admission: \$20 (Not included in All-Access Pass)

From Screen To Score, a special presentation from CBC and the Atlantic Film Festival, featuring the talents of musicians Shehab Illyas, Asif Illyas, Chris Pauley, Ron Hynes, Kim Dunn, Kris MacFarland, Meghan Smith, joined by filmmakers, Jason Buxton and Michael Ray Fox. The evening's program will include performance and dialogue about what it means to create one of the deepest collaborations that happens in film, pictures and sound coming together. The centerpiece of this event will be the premiere of Shehab Illyas' new motion picture music album, **TOP OF THE WORLD**.

TUESDAY, SEPTEMBER 17

All screenings take place at Park Lane Cinema unless stated otherwise.

	10 AM	10:30 AM	11 AM	11:30 AM	NOON	12:30 PM	1 PM	1:30 PM	2 PM	3 PM	4 PM	4:30 PM	5 PM	5:30 PM	6 PM	6:30 PM	7 PM	7:30 PM	8 PM	8:30 PM	9 PM	9:30 PM	10 PM	10:30 PM	11 PM	11:30 PM	MIDNIGHT	12:30 AM
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13 dead in shooting rampage at Washington naval complex

Gunman shot dead.
Ex-military man involved in what Obama calls a 'cowardly act'

The U.S. capital became the latest American city to grapple with familiar scenes of chaos and bloodshed Monday when a former military man opened fire at the city's Navy Yard, killing 12 people.

While one gunman was also shot dead, police said there was one other potential perpetrator still at large, an armed man dressed in military garb. A third man, also clad in military-style outfit, was cleared as a suspect.

The dead shooter was identified as a 34-year-old Texas man, Aaron Alexis, a former Navy reservist.

Mayor Vincent Gray said officials had no reason to believe it was an act of terrorism, but the motive remained unclear.

Initial reports suggested the now-dead shooter entered

the complex with stolen ID, fatally shot a security guard and was targeting specific people.

Eyewitnesses said the gunman situated himself at a fourth-floor overlook and was shooting down at people at the cafeteria on the first floor. He had an assault rifle, a shotgun and a pistol, police added.

Alexis was investigated in Fort Worth three years ago when he was arrested for shooting a hole through the ceiling of his home and into a neighbour's apartment.

Alexis told police he was cleaning his gun when it went off accidentally, but in the police report, the neighbour said she suspected Alexis had deliberately fired the gun through her floor because he had complained she made too much noise.

He was also investigated for shooting out the tires of another man's car in Seattle in 2004. His father told police his son suffered from post-traumatic stress disorder.

THE CANADIAN PRESS



People are escorted out of the building where a deadly shooting rampage occurred at the Washington Navy Yard in Washington, D.C. on Monday. Inset, a photo of now-dead Aaron Alexis, who police believe was one perpetrator. JACQUELYN MARTIN/THE ASSOCIATED PRESS; INSET: FBI/THE ASSOCIATED PRESS

Charter of values is doomed, Harper predicts



The Harper government has promised to intervene legally if it determines PQ's values charter violates fundamental rights. JONATHAN HAYWARD/THE CANADIAN PRESS

Prime Minister Stephen Harper has predicted that the Parti Québécois' controversial values charter will fail because of opposition within Quebec.

The prime minister made his first remarks since the Quebec government released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked during a news conference Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said. "I think the common sense of Quebecers will force this towards a reasonable conclusion."

Despite the PQ's repeated efforts to turn the debate into a Quebec-versus-Canada squabble, Harper noted that the support is also less than stellar within Quebec.

Harper pointed out that none of the other three parties in the Quebec legislature supports the PQ plan in its current form.

He was speaking after the release of a poll Monday that suggested a split in Quebec public opinion — although the response specifically from francophones was 49 per cent support for the PQ plan, 34 per cent opposed and 17 per cent refusing to answer.

That finding suggests a notable shift from similar polls before the plan was formally introduced, when a crushing majority had expressed support for a charter like the one the PQ proposed.

THE CANADIAN PRESS

Key battleground

The poll of 2,000 does point to one area where the charter is especially popular: the northern and southern belt around Montreal.

- Nearly one-quarter of the province's seats are in that belt. The PQ is nine seats shy of a majority and, in that region, was narrowly defeated in over a half-dozen ridings last year.

\$1 million

RCMP kept quiet on long-gun costs with info in hand

The RCMP repeatedly stonewalled media inquiries for months about the price tag for destroying the federal long-gun registry data, even though the force had a full cost estimate in hand.

The Mounties had a

detailed breakdown more than a year ago that showed fulfilling the Conservative promise to kill the registry would cost about \$1 million.

A presentation laying out the plan and its costs was provided under an Access to Information request following an 11-month delay.

In the meantime, RCMP officials refused to answer questions about whether any such costing had been done. THE CANADIAN PRESS

Sexist tweets

Three firefighters turn fired-fighters

Three Toronto firefighters have lost their jobs over inappropriate comments made on social media.

Toronto Fire Chief Jim Sales says the firings are the result of an internal investigation launched after a media report in August said two firefighters posted

sexist messages on Twitter.

Sales says those two firefighters along with a third have now been let go after the probe discovered "significant findings" of inappropriate social media use and public comments that ran afoul of city policies.

A spokesman for the Toronto Professional Fire Fighters' Association had suggested the tweets were referencing quotes from a TV show. THE CANADIAN PRESS

320 km, \$30,000

GM working on electric car that goes farther for less

As automakers race to make cheaper electric cars with greater battery range, General Motors is working on one that can go 320 kilometres per charge at a cost of about \$30,000, a top company executive said.

Vice-President of Global Product Development Doug Parks wouldn't say when or if such a car will be built.

Currently GM sells the \$35,000 Chevrolet Volt plug-in hybrid, which can go 61 kilometres on electricity before a gas-powered generator kicks in. It also offers the all-electric Chevy Spark subcompact that can go 132 kilometres on a charge. It starts at \$26,685.

THE ASSOCIATED PRESS

Indian girl, 13, enrolls in MSc degree

Eat, sleep, study.
Daughter of labourer eyes graduate degree; father sells family's land to help pay tuition

In a country where many girls are still discouraged from go-

ing to school, Sushma Verma is having anything but a typical childhood.

The 13-year-old girl from a poor family in north India has enrolled in a master's degree in microbiology, after her father sold his land to pay for some of his daughter's tuition in the hope of catapulting her into India's growing middle class.

Verma finished high school at the age of seven and earned an undergraduate degree at 13 — milestones she said were possible only with the sacrifices and encouragement of her uneducated and impoverished parents.

"They allowed me to do what I wanted to do," Verma said in an interview Sun-

day, speaking her language of Hindi. Verma lives a very modest life with her three younger siblings and her parents — eating, sleeping and studying alongside them in a cramped single-room apartment in Lucknow, in Uttar Pradesh.

Sushma Verma's first choice was to become a doctor, but she cannot take the

test to qualify for medical school until she is 18. "So I opted for the MSc and then I will do a doctorate."

Verma is not the first high-achiever in her family. Her older brother was one of India's youngest computer science graduates at 14. For Verma, her father sold his only land for \$400 to cover tuition. **THE ASSOCIATED PRESS**



Sushma Verma THE ASSOCIATED PRESS



Diversity and Miss America

Newly crowned Miss America Nina Davuluri speaks on Monday. She was asked about some social media users who are upset that someone of Indian heritage won. "I have to rise above that," she said. Nina is the first Miss America of Indian descent. **GETTY IMAGES**

Turkey info

Butterball line to hire men as well

This year if you call Butterball's Turkey Talk Line for some cooking advice, you might get a male voice on the line.

For the first time, Butterball is enlisting the help of men as well as women for its Turkey Talk Line during the holidays. And the turkey seller is seeking the

first male talk-line spokesman this year, as well.

The talk line, which is 32 years old this year, has long offered advice to anyone overwhelmed by making the perfect turkey on the holidays.

It has been improving its services, last year launching a smartphone app, Facebook live chats and so on.

But the line has never hired men until now.

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The Nova Scotia Insulin Pump Program

for children and young adults

Need help with the cost of an insulin pump or pump supplies? The Nova Scotia Insulin Pump Program will start taking applications on Monday, Sept. 16. We help Nova Scotians who are less than 19 with the cost of insulin pumps and pump supplies, and people from 19 to 24 years old with the cost of pump supplies only.



For more information, visit novascotia.ca/dhw/nsipp.

It takes a village — to be telecommunication pioneers

Mexico. Talea de Castro may be first community to own, administer, operate what is essentially a mini-telecom company

The communications revolution that swept the globe missed the Zapotec village of Talea de

Castro high in the mountains of southern Mexico, where making any sort of call meant trudging to a community telephone line and paying what could be a day's wages for a crackly five-minute conversation.

All that has changed, thanks to an ingenious plan that backers hope can bring connections to thousands of other small, isolated villages around the world.

Using simple radio receivers, a laptop and relatively inexpen-

Making connections

"Before, people couldn't talk much because it cost so much."

Keyla Ramirez Cruz, a Talea resident who co-ordinates the new phone system.

sive Internet technologies, the people of the village have leapfrogged into the 21st century by setting up what amounts to

their own mini-telecom company — one capable of handling 11 cellphone calls at a time at a small fraction of what they used to pay.

The system uses a small antenna to capture calls with a software-controlled base radio, essentially a generic radio set that can operate more cheaply and simply and use less power because the software is now doing most of the work.

THE ASSOCIATED PRESS



Local community radio announcers Keyla Mesulemeth, left, and Mauricio Flores Loza use their cellphones running on the TaleoGSM network in San Miguel Talea de Castro, Mexico. AGUSTINE SACHA/THE ASSOCIATED PRESS



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Blobfish the face of UAPS. Appreciating all creatures great and disgusting

Everyone goes crazy for pandas but what about the less esthetic wonders of the animal world? The Ugly Animal Preservation Society (UAPS) aims to support endangered creatures that are unpleasant to look at, through a U.K. tour that combines comedy and education. In an online competition, the blobfish (*Psychrolutes marcidus*), a flabby, gelatinous mass found off the southeast coasts of Australia, was voted as the society's official mascot. UAPS chief and biologist Simon Watt told us more.

The blobfish apparently looks a lot better in its natural habitat on the bottom of the ocean. Are you contributing to its bad image?

Fair enough — we don't have a leg to stand on with that, except that we are being satirical, and the main point is that the blobfish is still neglected and we want to champion it.

Blobfish look so miserable — can you cheer them up?

It's being driven to extinction so it deserves to look sad. Just let them be hideous in peace.

Should you also consider undermining "pretty" animals? Dolphins are so overrated.

Why so serious?

"It's being driven to extinction so it deserves to look sad. Just let them be hideous in peace."

Ugly Animal Preservation Society chief and biologist Simon Watt, on the blobfish's miserable appearance.

No, dolphins might well be aggressive and less intelligent than we believed but they are still fascinating and we should do everything we can to preserve them.

What can you do for these hideous creatures?

We're mainly showing that the natural world is interesting to people through comedy. When you read articles about nature it's just a list of what's extinct. But everywhere on our tour people have got behind ugly animals — in London they like the proboscis monkey, in Brighton the mole rat, in Winchester the "scrotum frog."

Would you adopt one?

I would gladly appear in public with them and have done (so) on the tour. One student is doing a PhD on a horrid beetle so the appreciation is spreading.

KIERON MONKS/METRO WORLD NEWS



The blobfish (*Psychrolutes marcidus*) is the official mascot of the Ugly Animal Preservation Society. NORFANZ FOUNDING PARTIES

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UN: 'Convincing evidence' of chemical attack in Syria

Inspection. Still not clear who's to blame as war crimes panel says they're investigating 14 suspected attacks

Careful not to blame either side for a deadly chemical weapon attack, UN inspectors reported Monday that rockets loaded with the nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' find-

Wandering helicopter

Turks down Syrian pilots

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings to leave, an official said.

The helicopter strayed two kilometres into Turkish airspace, but crashed inside

Syria after being hit by missiles fired from the jet, Turkey's deputy prime minister, Bulent Arinc, told reporters.

Arinc said he did not have any information on the fate of the Syrian pilots, but Rami Abdul-Rahman, director of the Syrian Observatory for Human Rights, said rebel fighters captured one of the pilots, while the fate of the other one was unclear.

ings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war,

but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

"This is a war crime," UN Secretary-General Ban Ki-moon told the Security Council. "The results are overwhelming and indisputable. The facts speak for themselves."

Ban called it "the worst use of weapons of mass destruction in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the UN Security Council since the Syrian conflict began two and a half years ago.

Even though the United States and Russia agreed Saturday on the framework to put Syria's chemical weapons stockpile and precursors under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a UN war crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. **THE ASSOCIATED PRESS**



UN Secretary General Ban Ki-moon speaks to reporters after a Security Council meeting about Syria. UN inspectors said Monday there is "clear and convincing evidence" that chemical weapons were used on a relatively large scale in an attack last month that killed hundreds of people.

SETH WENIG/THE ASSOCIATED PRESS

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Spain

Alleged al-Qaida recruiter arrested

Spain's Interior Ministry says police have arrested the suspected leader of a terrorist recruitment network that allegedly sent militants to carry out attacks for al-Qaida-linked groups in Syria.

A ministry statement said Spanish citizen Yassin Ahmed Laarbi was arrested Monday in the Spanish north African enclave of Ceuta.

THE ASSOCIATED PRESS

Japan

Ferocious typhoon downgraded

A powerful typhoon that lashed Japan with torrential rains, leaving two dead, was downgraded to a tropical storm Monday, although it was still dumping rain on parts of the country.

Officials said Typhoon Man-yi damaged homes and flooded parts of the country's popular tourist destination of Kyoto, where 260,000 people were ordered to evacuate to shelters.

THE ASSOCIATED PRESS

Mexico. At least 34 dead after two different storms cause flooding, landslides

The remnants of Hurricane Ingrid and Tropical Storm Manuel drenched Mexico's Gulf and Pacific coasts with more torrential rains Monday, flooding towns and cities, cutting highways and setting off landslides in a national emergency that federal authorities said had caused at least 34 deaths.

The Mexican government said the country had not seen a similar weather crisis since 1958, when the country was simultaneously hit by two tropical storms on separate coasts.

The governor of the Gulf

Coast state of Veracruz announced that 12 people died when a landslide smashed into a bus travelling through the town of Altotonga, about 40 miles northwest of the state capital. Gov. Javier Duarte said the death toll could grow as bodies were recovered.

More than 23,000 people fled their homes in the state due to heavy rains spawned by Ingrid, and 9,000 went to emergency shelters. At least 20 highways and 12 bridges had been damaged, the state's civil protection authority said.

THE ASSOCIATED PRESS



Floodwaters rage after the Huacapa River overflowed due to heavy rains caused by Tropical Storm Manuel in Mexico. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

O'REGAN'S NATIONAL TAILGATE PARTY

SEPTEMBER 16-23, 2013

metronews.ca
Tuesday, September 17, 2013

BUSINESS

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Bombardier's CSeries jet has inaugural flight

Test run. Narrow-body plane's 'game-changer' engine is touted as quieter, fuel-efficient

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector while challenging the dominance of the industry's two giants.

Nearly 3,000 employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after flying across the Lower Laurentians and conducting a fly past.

The company's test pilot left the airplane waving and lauding the aircraft's performance. "It flew very well," said Chuck Ellis.



Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

"It's a bit of a cliché but it really did fly pretty much like our predictions, like the simulators, the models that we have," he said later during a news conference.

Mike Arcamone, president of Bombardier commercial aviation, said the flight will help to convince potential customers of the aircraft's value. The company faces de-

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 27 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

termined competition from industry giants Airbus and Boeing that are putting new engines on their popular planes to preserve their market share. Embraer is also updating its E2 family of jets.

"I think it will get even more competitive, as people have seen across the world that there is an aircraft and it's an aircraft that is fulfilling its mission, which is to be a game-changer in terms of the engine," he told reporters. The Pratt & Whitney engine promises to be quieter and help it to deliver fuel cost savings.

THE CANADIAN PRESS

Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the U.S. will be able to pay lower fees for their roaming packages. The company said it's making the change in response to consumer feedback over the summer, and that the 30-day U.S. travel bundle, which formerly cost \$50, will be reduced to \$25 for a specified amount of call minutes, texting, web usage and other data.

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Market Minute



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Cape Canaveral, Fla.

Cargo ship makes debut run to ISS

A Virginia firm makes its debut this week as a space-station delivery service, and an American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. THE ASSOCIATED PRESS

Tehran

Iran could send cat into space

Iran's hunt for its next animal astronaut may turn to the distinctive and locally named Persian cat, an official said, in another possible step by the country's ambitious aerospace program that has also raised Western concerns about spillover military applications. THE ASSOCIATED PRESS

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VOICES

metronews.ca
Tuesday, September 17, 2013

FALL FASHION ON A SHOESTRING

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong.



SHE SAYS
Jessica Napier
metronews.ca

Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the

chill brought on by a bare midriff. But there's no need to spend \$50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures.

Fashion and function together at last.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shipwreck wrested from reef



MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Giroto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsize and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtaging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:

I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNotSorry:

Obviously you're not sorry, so why bother with the apologetic tease?

#FirstWorldProblems:

Complaining about Timmie's cup design just makes you sound ignorant to actual injustices around the world.

#yolo:

Just don't. Seriously. Don't.

ISTOCK



Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellyraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

Follow @metropicks and take part in our daily poll.

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DVD reviews

Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr.,
Gwyneth Paltrow,
Don Cheadle

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of Jingle Bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's The Avengers tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style. The taunt brings fire to Stark's Malibu pad, but Iron Man 3 actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche. He's as arrogant as ever, but reluctant to suit up. We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, Iron Man 3 offers a few twisted pleasures. Extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL



Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, Hello Ross. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on The Tonight Show, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss.

She frequently uses him on her round table of commentators on E!'s Chelsea Lately. Now she's executive producing Mathews' own talk show called Hello Ross, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from Chelsea Lately. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on Hello Ross. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my

mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

THE ASSOCIATED PRESS

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

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5 Miley Cyrus Wrecking Ball

4 Lady Gaga Applause

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Kelly Rowland and Simon Cowell on The X-Factor. THE ASSOCIATED PRESS

Newbies, can you handle this?

Kelly Rowland.

The X-Factor judge dishes on finding talent

MAJA LUNDAGER
PEDERSEN
Metro World
News in New York

What it comes down to

"I've turned someone down because they had a wonderful look and they sounded awful. I don't want them to come into this competition thinking they can get by on their looks. It's more than that. It's your talent, your passion, your hunger and your dedication. I am very honest with them and I'm very honest with myself. I don't cut any corners."

Kelly Rowland on not letting X-Factor hopefuls get by on a pretty face alone.

had some harsh things to say, but I grew more from people who actually were constructive and gave details about how I can grow," she says.

"I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing

people grow and be better and become something wonderful."

But what does wonderful mean to her?

"I think, above anything, people love to see passion, and I think that when it comes to performing, people just want to be entertained.

"If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, and while some might fear that could cloud her judgment, Rowland's not worried.

"I've turned someone down because they had a wonderful look and they sounded awful.

"I don't want them to come into this competition thinking they can get on by their looks.

"It's more than that. It's your talent, your passion, your hunger and your dedication.

"I am very honest with them and I'm very honest with myself [when it comes to talent]. I don't cut any corners."

She's been there

Rowland actually participated in a talent show herself as a teen. With her group Girls Time — including, among others, Beyoncé — she was on Star Search, but lost.

She remembers the experience clearly.

"Once that red curtain closed we were like little sad puppy dogs, just bawling our little eyes out," she says.

"We were so sad, but I truly believe that when it's your time, it's your time."

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments.

Being signed, being dropped, being signed, then being placed on a shelf, as she puts it.

Today she sits as one of four judges in the third season of the U.S. version of The X-Factor, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who



Jessica Timberlake

I'm bringing tradition back: Jessica takes on the Timberlake name

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake,"

a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary



THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool \$310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around \$15 million a year, per TMZ.com. In May, Spears



talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous on-line reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.



Jennifer Garner and Ben Affleck

Twitter



@AlbertBrooks
How can we attack Syria without giving Dennis Rodman a chance?



@pattonoswalt
Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?

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Tink Domestic Short Hair

Tink is approximately 5 years old and was found stray in Dartmouth. Although she takes her time getting used to new faces, she has a playful side and it is obvious she likes people; it's just that her preference is to warm up slowly. She's the kind of feline who likes making the first move. We believe Tink would thrive in a quieter home. She has a lot of love to give and we've observed how sweet and interactive she can be once she gets to know someone. Please drop by the shelter and ask to be introduced...

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Ray-Ban Aviators are the most common polarized lens. CONTRIBUTED



Dolce & Gabbana with gradient polar lenses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare,"

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."

says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting

- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."

- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

What is polarization?

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

How do they work?

"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program. A downloadable version can be found at the above link.

YVLA VAN BUIRE/ FOR METRO



Is your snoring dangerous?

Loud snoring can be a sign of **Obstructive Sleep Apnea**, a disorder that causes a person to stop breathing hundreds of times a night. Left untreated, sleep apnea puts you at risk for heart disease, high blood pressure and more.

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Creamy soup without cream or butter? Thank us later



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.

2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.

3. Add stock and potato; re-

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

duce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Lunch. Shiitake-Ginger Noodle Soup with Garlic Pork

We tend to associate pulled pork with Southern-style barbecue. But soup takes the favourite moist and tender pork in a decidedly Japanese direction.

Start by marinating pork in garlic and oil. Time is your friend here, so don't hesitate to let it go overnight. Then sauté onions and shiitake mushrooms until brown, and bring that and the pork to a simmer in chicken broth. Once the pork is tender, use forks to pull it into delicious strands.

Add fresh ginger and soba noodles and you have a fresh, warming take on pulled pork.

1. In zip-close plastic bag, combine the pork medallions, garlic and 1 tablespoon of the vegetable oil. Shake to coat evenly, then refrigerate for at least 2 hours and up to overnight.

2. When ready to cook, in a large saucepan over medium-high, heat the remaining 2 tablespoons of vegetable oil. Add the mushrooms and onion and cook until lightly browned, stirring frequently, about 10 minutes. Add the pork and garlic from the bag, along with the chicken broth. Bring to a boil, then reduce to a simmer, cover,

and cook for 30 minutes.

3. Use a slotted spoon to transfer the pork to a plate. Using 2 forks, shred the pork pieces, then return the meat to the pot.

Ingredients

- 1-lb pork tenderloin, cut into 1-inch medallions
- 4 cloves garlic, minced
- 3 tbsp vegetable oil, divided
- Two 6-oz containers shiitake mushrooms, stalks discarded, sliced
- 1 large yellow onion, sliced
- 6 cups (1 1/2 quarts) low-sodium chicken broth
- 2 tbsp grated fresh ginger
- 6.2 oz soba noodles
- 3 scallions, sliced
- Salt and ground black pepper

Add the ginger and bring to a boil. Add the noodles and cook until tender, about 4 minutes. Stir in the scallions and adjust the seasoning with salt and pepper. **THE ASSOCIATED PRESS**



Health Solutions

Shoots, sprouts and leaves



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy's Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never

find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets, 100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Kids' CDs even parents will like

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.

A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.

It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!

Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

4. Various rad artists, Schoolhouse Rock Rocks.

Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.

Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.



Not all children's albums will make your ears bleed. iStock

Foster care: An often overlooked option



Fostering a teenager can be a surprisingly positive experience. iStock

Cris Beam was a 28-year-old high school teacher when she took in a 17-year-old student who had been kicked out of a group home and was headed to juvenile hall — not because she had committed a crime, but because there was just no room for her.

"I didn't have any experience," says Beam about her foster care decision, "but I loved this kid, and she and I kind of figured it out together."

As many people try desperately to have their own biological children, Beam tells Metro that another option is often overlooked. "There are wonderful kids right here, all the time, right in your neighbourhood,

that need homes," she says.

She dives deeper into the subject, along with her own experience as a foster mother, in her new book, *To the End of June: The Intimate Life of American Foster Care*.

A rewarding choice

Potential parents might picture the horrors of teenageritis and their notoriously difficult attitudes — but think again, Beam says, because fostering a teenager can actually be a surprisingly positive experience.

"It's rewarding because teenagers are funny, and these are kids that have lived very rich and resilient lives, so they have a lot to teach us

about survival," she says.

Beam admits that in most cases, the reward takes time, but by then "you have a family, you have this person in your life that really loves you back," she says. "I was surprised at how deep the bond grew and how quickly with my daughter."

Why foster a child?

According to Beam, as children are removed from their homes, they suffer a traumatic experience and need to grieve their loss.

"We were all 18 once. We've all been broken-hearted; we've all lost jobs; we've all struggled. And what do we need?

We need help. We need people to help us," explains Beam.

Get the truth

Being a foster parent isn't the most talked-about subject, but that may be in part because of the numerous victims of its misconceptions.

"I think that there's a misconception that the kids are really damaged," says Beam. "When you get inside (the foster care system), you see that it's all human beings, and if you stick with them, they're all kids just like any other kids."

So, she suggests, don't forget about the kids that are right in your community.

JULIE KAYZERMAN/FOR METRO

The 9+5

NO REPEAT WORKDAY



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Today's Lite Rock

lite929.com

How smartphones are changing the way Canadians go shopping



Experts predict by 2014 more local searches will come from smartphones than any other computing device. ISTOCK



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Rise of mobility.

Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a societal issue for small businesses and consumers alike.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director

of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory. With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further," says Houle.

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains, maybe your local store runs a mobile campaign offering a

Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."

Matthieu Houle, director of digital consumer experiences for Yellow Pages Group

special on umbrellas helping match their services with current needs."

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-device marketing solutions and are making these options accessible for small businesses.

Local organizations, for which every dollar counts, greatly benefit from these kinds of marketing tools, which help them stand out from the competition and attract customers. **NEWS CANADA**

6 ways to promote your business

As a small business owner, you've come up with a creative idea for a product or service and have considerably invested in business start-up and production.

Promoting your business is the next step, but it may be difficult to envision effective marketing solutions without shelling out huge amounts of money. Raphael Lapointe, director of digital product management for Yellow Pages Group, shares six easy steps that can highlight your business' distinctive personality:

- Go digital. For many people, if a business doesn't have an online presence, it doesn't exist. Although having your own website is optimal, there are many free online listings that allow small busi-



Chances are if you haven't gone digital, you aren't reaching your customers. ISTOCK

nesses to post their online profile such as YellowPages.ca, Google, Yelp and Facebook.

- Go mobile. More customers are making purchase decisions as they go, through their mobile device. At the very least, make sure your online site is optimized for smartphone compatibility.

- Be relevant. Local buyers want to know who you are and what you do. Pertinent content like pictures and videos will make it easy for them to choose you over your competitors.

- Include video. Four out of five online consumers say watching a video improves their impression of a business.

- Be there first. A majority of consumers will click on one of the first three results generated by an online search. Develop a search engine optimization (SEO) strategy that will improve the visibility of your site when buyers search the web.

- Get results. Invest in a start-up package and see how these tools improve your visibility. **NEWS CANADA**

UFC

Grant withdraws from title fight against Pettis

T.J. Grant has been forced to bow out of another UFC title fight due to the effects of a concussion.

The Cole Harbour mixed martial artist took to Twitter Monday night to announce he was pulling out of his Dec. 14 UFC lightweight title fight against Anthony Pettis.

"I am still not yet 100% n can't commit to fight," he wrote.

Grant first suffered the concussion while training in June for a UFC lightweight title fight against then-champion Benson Henderson on Aug. 31.

He pulled out of that fight in mid-July, and then on Sept. 3 it was announced Grant would face Pettis, who ended up beating Henderson in the title fight.

"It sucks but it is the best for both myself and the UFC," Grant said on Twitter. "Please don't worry. Ill be back and if I gotta fight someone else to get back to where I wanna be then that's what I'm gonna do. I'm not bitter. Thanks." **METRO**

NHL

Thomas to try out for Panthers

Tim Thomas is back in the NHL, agreeing to a tryout deal with the Florida Panthers.

The two-time Vezina Trophy winner with Boston sat out last season. He is expected to practise with the Panthers for the first time on Tuesday.

THE ASSOCIATED PRESS



Fournier fetches five for fighting, re-assigned to Hamilton

Former Halifax Mooseheads forward Stefan Fournier skates in a Montreal Canadiens uniform on Monday night as he makes his pre-season debut for the Habs against the Boston Bruins at the Bell Centre. The 21-year-old, who signed a three-year deal with the Canadiens during the off-season, didn't register a point in a 6-3 loss, but he was involved in a third-period dust-up with Bruins blue-liner Adam McQuaid. After the game he was re-assigned to training camp with Montreal's AHL affiliate in Hamilton, Ont. **GRAHAM HUGHES/THE CANADIAN PRESS**

Andrews back after stint at Ducks camp

Mooseheads. Overage forward a welcome addition to lineup



PHILIP CROUCHER
philip.croucher@metronews.ca

The Halifax Mooseheads received some good news player-wise on Monday.

Overage forward Brent Andrews has been returned to the team after participating in training camp with the National Hockey League's Anaheim

Ducks as a free-agent invite.

The return of Andrews is a big plus for the team. Halifax has managed just two goals in two games and is a bit thin at the forward position, especially at centre.

"It will be nice to have an older guy back to help stabilize things up front," said Mooseheads general manager Cam Russell.

The return of Andrews gives Halifax three overagers in its lineup — the others are defencemen Trey Lewis and Brendan Duke.

When 20-year-old forward

Darcy Ashley returns from a torn thumb ligament in the next month or so, Russell said the team will immediately make a decision on which overagers to keep. A team can dress only three 20-year-olds.

"We don't want to keep anyone in limbo," Russell said.

Andrews, one of the best faceoff men in the Quebec Major Junior Hockey League, finished with 15 goals and 45 points in 67 regular-season games last season. He added 11 points, including four goals, in the playoffs.

He is expected to make his

Halifax bound

The Mooseheads further added to their lineup on Monday night with the news of goalie Zach Fucale and defenceman MacKenzie Weegar returning from NHL training camps.

- Fucale and Weegar are returning from Montreal and Florida, respectively.

regular-season debut Friday when Halifax visits the Moncton Wildcats.

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Leafs backup MacIntyre steals Thunder in Toronto



The Maple Leafs' Phil Kessel and the Flyers' Ben Holmstrom trade shots on Monday in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

NHL. Projected third-string 'keeper gets Leafs fans buzzing with acrobatic display

It was a night for David Clarkson and Jonathan Bernier to make first impressions with Maple Leafs fans.

By the end of the night, though, it was Drew MacIntyre who got the crowd excited — even if it did end in a 3-2 shoot-out loss to the Philadelphia Flyers.

Clarkson and Bernier, acquired with much fanfare over the summer, did what they were supposed to do in their Air Canada Centre debuts. Clarkson was great, forechecking and getting under the skin of the Philadelphia Flyers. Bernier allowed just a goal in the first 30 minutes, facing 22 shots.

But when MacIntyre took over in net, something strange

Pre-season	
3	2
Leafs	Flyers

happened. First, he made a big save. Then an acrobatic one. Then the big screen showed a big behind-the-body glove stop he made with the Marlies last year and everyone seemed to say to the person beside them: "Oh yes, I remember now."

Then Jake Gardiner made the kind of lazy pass that would get anyone else sent to the AHL and MacIntyre had to stonewall Matt Read after the giveaway.

The Flyers — mostly no-names — came at him in waves. He stopped them.

It's only exhibition hockey, but his saves had the crowd chanting "Go Leafs Go."

TORSTAR NEWS SERVICE



Bengals beat up on Steelers

The Bengals' Giovani Bernard celebrates his first-quarter touchdown against the Pittsburgh Steelers on Monday night in Cincinnati. The Bengals topped the Steelers 20-10. KIRK IRWIN/GETTY IMAGES

PGA

Johnson's soggy victory sets up FedEx Cup splash

Zach Johnson is having a September to remember, and there's still one very big week to go.

In one tournament, he made a 25-foot birdie putt on his final hole to earn the last spot on the Presidents Cup team. In the next one, Johnson made a bunch of big putts in the final round of the rain-delayed BMW Championship for a 6-under 65 for a two-shot victory over Nick Watney.

Next up?

Johnson's win Monday at Conway Farms gave him the No. 4 seed going into the Tour Championship, giving him a clear shot at the FedEx Cup and its \$10-million prize.

THE ASSOCIATED PRESS



Zach Johnson THE ASSOCIATED PRESS

MLB. Myers, Cobb lead Rays to win over former teammate, Rangers

Rookie Wil Myers homered and had three RBIs, Alex Cobb pitched eight solid innings, and the Tampa Bay Rays took the lead for the first AL wild-card spot by beating the Texas Rangers 6-2 on Monday night.

Tampa Bay and Texas started play one-half game ahead of Cleveland, which was at Kansas City, in race for the two wild-card spots.

Myers had a second-inning solo shot and hit a two-run double during a four-run fifth. Cobb (9-3) allowed two runs, six hits, one walk and had 10 strikeouts.

Matt Garza (9-6, 3-5 with Texas) gave up six runs and eight hits over 4 1/3 innings to lose his third straight start for the Rangers, who have lost seven in a row and are 2-12 in September.

The announced crowd was just 10,724. The Rays entered with the major's lowest home attendance average of 18,747.

Tampa Bay went up 6-2 in the fifth. After James Loney and Evan Longoria both had RBI singles against Garza, Myers drove in two with a double off Jason Frasor.

Garza, who was the MVP of the 2008 AL championship



The Rays' Wil Myers watches the ball leave the yard for a home run. AL MESSERSCHMIDT/GETTY IMAGES

Happy beginnings

9

Rays starter Alex Cobb retired nine in a row, including four batters on strikeouts, to begin the game.

series when Tampa Bay beat Boston, pitched against the Rays for first time since being traded to the Chicago Cubs on Jan. 8, 2011. Texas obtained the right-hander from the Cubs on July 22.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	59	.609	—
Tampa Bay	82	67	.550	9
Baltimore	79	70	.530	12
New York	79	71	.527	12½
Toronto	68	81	.456	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	87	63	.580	—
Cleveland	81	69	.540	6
Kansas City	79	71	.527	8
Minnesota	64	85	.430	22½
Chicago	59	91	.393	28

WEST DIVISION

	W	L	Pct	GB
Oakland	88	61	.591	—
Texas	81	68	.544	7
Los Angeles	72	77	.483	16
Seattle	66	84	.440	22½
Houston	51	99	.340	37½

Monday's results

Cincinnati 6 Houston 1
Kansas City 7 Cleveland 1
Tampa Bay 6 Texas 2
Chicago White Sox 12 Minnesota 1
Detroit 4 Seattle 2

L.A. Angels at Oakland

Sunday's results

Baltimore 3 Toronto 1
Minnesota 6 Tampa Bay 4
L.A. Angels 2 Houston 1
Oakland 5 Texas 1
Cleveland 7 Chicago White Sox 1
Boston 9 N.Y. Yankees 2
Detroit 3 Kansas City 2

Tuesday's games — All times Eastern

N.Y. Yankees (Pettitte 10-9) at Toronto (Dickey 12-12), 7:07 p.m.
Seattle (Mauer 4-8) at Detroit (Sanchez 14-7), 7:08 p.m.
Texas (Tepesch 4-6) at Tampa Bay (Hellickson 11-8), 7:10 p.m.
Baltimore (Feldman 5-4) at Boston (Dempster 8-9), 7:10 p.m.
Cincinnati (Leake 13-6) at Houston (Lyles 7-7), 8:10 p.m.
Minnesota (Pelfrey 5-12) at Chicago White Sox (Quintana 7-6), 8:10 p.m.
Cleveland (Kluber 9-5) at Kansas City (Ventura 0-0), 8:10 p.m.
L.A. Angels (Richards 7-6) at Oakland (Gray 3-3), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	89	60	.597	—
Washington	79	70	.530	10
Philadelphia	70	80	.467	19½
New York	67	82	.450	22
Miami	55	95	.367	34½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	87	63	.580	—
St. Louis	87	63	.580	—
Cincinnati	85	66	.563	2½
Milwaukee	66	83	.443	20½
Chicago	63	87	.420	24

WEST DIVISION

	W	L	Pct	GB
Los Angeles	86	63	.577	—
Arizona	75	73	.507	10½
San Diego	69	80	.463	17
San Francisco	69	81	.460	17½
Colorado	69	82	.457	18

Monday's results

San Diego 2 Pittsburgh 0
Philadelphia 12 Miami 2
Colorado 6 St. Louis 2
Milwaukee 6 Chicago Cubs 1
Atlanta at Washington, ppd.
L.A. Dodgers at Arizona

Sunday's results

San Francisco 4 L.A. Dodgers 3
St. Louis 12 Seattle 2
San Diego 4 Atlanta 0
Arizona 8 Colorado 2
Washington 11 Philadelphia 2
N.Y. Mets 1 Miami 0 (12 inn.)
Milwaukee 6 Cincinnati 5
Pittsburgh 3 Chicago Cubs 2

Tuesday's games — All times Eastern

Atlanta (Minor 13-7) at Washington (Haren 9-13), 1:05 p.m.
San Diego (Stults 8-13) at Pittsburgh (Locke 10-5), 7:05 p.m.
Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.
Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.
San Francisco (Petit 3-0) at N.Y. Mets (Wheeler 7-5), 7:10 p.m.
Chicago Cubs (Samardzija 8-12) at Milwaukee (Estrada 6-4), 8:10 p.m.
St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.
L.A. Dodgers (Greinke 14-3) at Arizona (Corbin 14-6), 9:40 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Sunday's result

B.C. 36 Montreal 14

Friday's game — All times Eastern

Edmonton at Winnipeg, 8 p.m.

Saturday's games

Montreal at Hamilton, 4 p.m.

Toronto at Calgary, 7:30 p.m.

Sunday, September 22

B.C. at Saskatchewan, 4:30 p.m.

NFL

Monday's result

Cincinnati 20 Pittsburgh 10

Sunday's results

Green Bay 38 Washington 20

Arizona 25 Detroit 21

Baltimore 14 Cleveland 6

Denver 41 N.Y. Giants 23

San Diego 33 Philadelphia 30

Houston 30 Tennessee 24

Atlanta 31 St. Louis 24

New Orleans 16 Tampa Bay 14

Oakland 19 Jacksonville 9

Miami 24 Indianapolis 20

Chicago 31 Minnesota 30

Seattle 29 San Francisco 3

Kansas City 17 Dallas 16

Buffalo 24 Carolina 23

MLS

Friday's game — All times Eastern

Colorado at Portland, 10 p.m.

Saturday's games

Vancouver at Montreal, 2 p.m.

Kansas City at Toronto, 4 p.m.

Chicago at Columbus, 7:30 p.m.

D.C. at New England, 7:30 p.m.

Chivas at Houston, 8:30 p.m.

San Jose at Salt Lake, 9 p.m.

Seattle at Los Angeles, 10:30 p.m.

Sunday, September 22

Dallas at New York, 5 p.m.

Horoscopes

Aries

March 21 - April 20

Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

Taurus

April 21 - May 21

You never like being told what to do but today you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

Gemini

May 22 - June 21

Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

Cancer

June 22 - July 23

You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

Leo

July 24 - Aug. 23

If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

Virgo

Aug. 24 - Sept. 23

The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

Libra

Sept. 24 - Oct. 23

It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

Scorpio

Oct. 24 - Nov. 22

Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

Sagittarius

Nov. 23 - Dec. 21

The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

Capricorn

Dec. 22 - Jan. 20

New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

Aquarius

Jan. 21 - Feb. 19

Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

Pisces

Feb. 20 - March 20

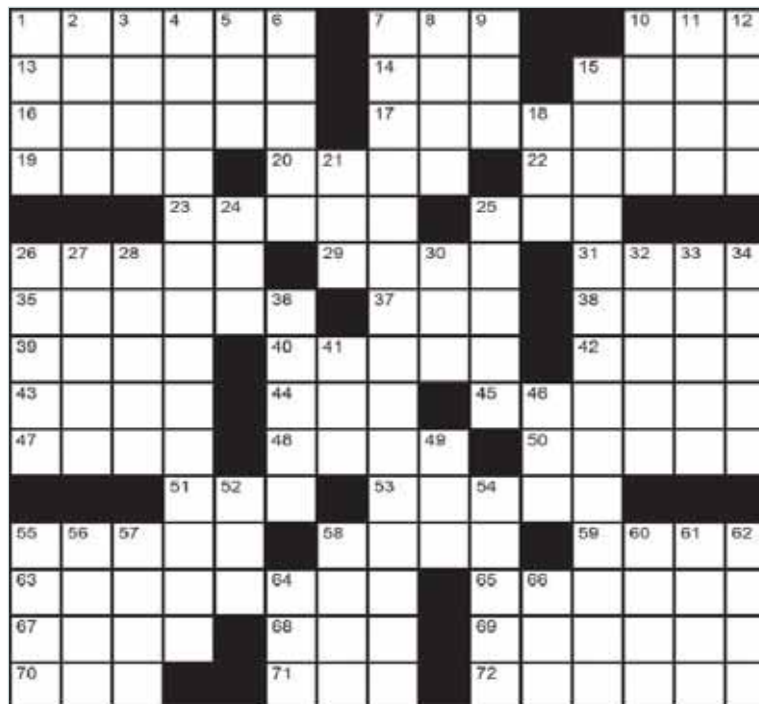
What happens today won't be wonderful exactly but neither will it be awful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Cold War era gig: 2 wds.
- Bouquet delivery co.
- 30-day mo.
- "I'm not alone in thinking this?": 2 wds.
- Fib
- Bug type
- Epic Records mogul, ___
- Nova Scotia town
- Mountain stat.
- Christian denomination, for short
- Joy of Cooking author, ___
- Rombauer
- "Juno" (2007) star Ms. Page
- Wheel part
- Tea party treat
- Taj Mahal's site
- 2001 Yann Martel novel, Life ___: 2 wds.
- Land promised in The Book of Exodus
- Texas tea
- "Smells Like ___ Spirit" by Nirvana
- Wholly ___ part
- Weight unit
- French singer Edith
- Beat a path
- ___ humour
- "Donnie ___" (1997)
- Bit of Justin T.'s group
- Celebes buffalo
- Fall flower
- "Oy!"



- Condo spaces
- Actress Ms. Birch
- Sprout
- Bee-ish bug
- Halved: 3 wds.
- Meteorological map line
- Tropical birds
- Back the tape up, briefly
- Composed

- Un-light times, for short
- Holiday ___
- British Columbia band
- Reality star Ms. Richards
- Hockey highlight
- Hockey great, Pavel ___

- CBC daytime show: 3 wds.
- Hawaiian dish
- The Alps song
- Rita MacNeil hit: 4 wds.
- Ms. Carrere's
- German article
- Grad
- "Dancing with the Stars" pro Ms.

- Murgatroyd
- Cheers!
- ___? (Sign In area message)
- "Amado ___": Song from "Gilda" (1946)
- Little legume
- Canadian dairy products brand, Gay ___
- Spy for Moses

- Robert Burns, and others
- Tote
- Beatles song: "Glass ___"
- Singer/songwriter Mr. Ocasek
- "1234" Canadian songstress
- Alberta's ___ River
- Has it ___ (Holds a grudge): 2 wds.
- "Never.": 2 wds.
- Samovar
- Mouse's friend
- Year: Spanish
- Jacob's suffix
- "If that could only be true!": 2 wds.
- National highway, commonly
- Track down
- Actress, Carre ___
- Ms. Stefani
- Son of Eve
- Rational
- Zebra, to a lion
- Prefix with 'cycle'
- Behold

Yesterday's Crossword

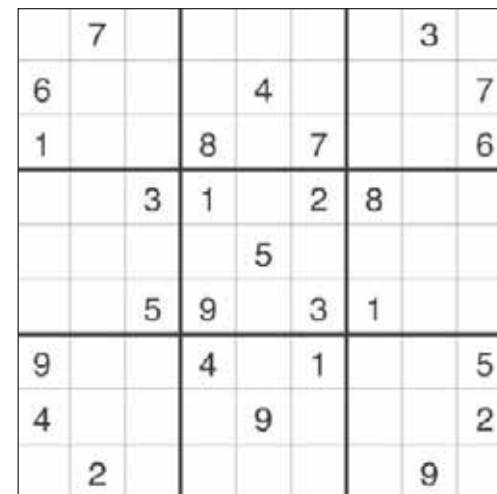


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

14°/7°

Sunny

Wednesday

19°/9°

Sunny

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2013
SOUL
HWY (M/T): 6.5L/100KM
CITY (M/T): 8.1L/100KM

OWN IT FROM
\$98⁴
BI-WEEKLY
WITH **\$0** DOWN AT **0%** APR

INCLUDED FEATURES:

- 6 Airbags
- Bluetooth[®]
- Satellite Radio
- Heated Front Seats
- Fog Lights

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$750 LOAN SAVINGS**. Offer based on 2013 Soul 1.6L MT with a purchase price of \$18,524.

2013
OPTIMA
HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

OWN IT FROM
\$124⁴ WITH **\$0** DOWN AT **0%** APR
OR GET INTO A **HYBRID** FOR **\$25,029⁵** CASH OFFER

INCLUDED FEATURES:

- 200 HP
- Bluetooth[®]
- Keyless Entry
- Cooling Glove Box
- Heated Front Seats

Bi-weekly for 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$1,000 LOAN SAVINGS**. Offer based on 2013 Optima LX MT with a purchase price of \$23,629.

2013
RIO SEDAN
HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

OWN IT FROM
\$80⁴
BI-WEEKLY
WITH **\$0** DOWN AT **0%** APR

INCLUDED FEATURES:

- 6 Airbags
- Satellite Radio
- 4-Wheel Disc Brakes
- Electronic Stability Control
- Steering Wheel Mounted Audio Controls

Bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA, fees and **\$900 LOAN SAVINGS**. Offer based on 2013 Rio Sedan LX MT with a purchase price of \$15,429.

OFFER ENDS SEPTEMBER 30TH



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Atlantic Kia dealers
for Atlantic drivers.



The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified customers who take delivery by September 30, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. ¹0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ²Bi-weekly finance payment O.A.C. for new 2013 Optima LX MT (0P54TD)/2013 Soul 1.6L MT (S055TD)/2013 Rio4 LX MT (R054TD) based on a selling price of \$23,629/\$18,524/\$15,429 is \$124/\$98/\$80 with an APR of 0% for 84/84/60 months, amortized over an 84-month period. Offer includes loan savings of \$1,000/\$750/\$900. Estimated remaining principal balance of \$0/\$0/\$4151 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. ³Model shown Manufacturer Suggested Retail Price for 2013 Rio4 SX with Navigation AT (R0749D)/2013 Optima SX Turbo AT (0P748D)/2013 Soul 2.0L 4u Luxury AT (S0759D) is \$23,450/\$35,550/\$27,345. ⁴Highway/city fuel consumption is based on the 2013 Rio4 1.6L GDI 4-cyl (M/T)/2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Soul 1.6L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnergyGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. ⁵The Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. ⁶Cash purchase price for the 2013 Optima Hybrid Base (0P744D) is \$25,029 and includes a cash savings of \$5,600 and a \$1,000 eco-credit (which is deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.